



Stuffed Okra (2-4 Servings)

- 1 ½ pounds okra pods, ends trimmed and slit lengthwise (but not cut through)
- 2 tablespoons **Seven Happy Seeds Vegetable Stir Fry Blend**
- 2 tablespoons roasted unsalted peanuts coarsely chopped (optional)
- 2 garlic cloves finely chopped
- 1 tablespoon Lemon juice
- 4 tablespoons chopped cilantro leaves, divided
- 6 tablespoons vegetable oil, divided
- 1 teaspoon Salt (or to taste)

Note: You may also use this recipe with baby eggplants diced white onions, or zucchini.

(see time saver tip on bottom of page)

1. Place Stir Fry Blend, garlic, 3 tablespoons cilantro, lemon juice, peanuts, 2 tablespoons oil, and salt in a bowl and mix to form a coarse meal.
2. Stuff each slit okra pod with this mixture, and press together the two halves.
3. Heat 2 tablespoons of oil in a medium frying pan and arrange stuffed okra in a single layer. Drizzle the remaining 2 tablespoons of oil on the okra pods.
4. Cover and cook on medium high heat for 7-8 minutes. Turn the pods over gently and cook uncovered for another 5-6 minutes until okra is lightly browned on both sides and the stuffing is golden crisp.
5. Garnish with remaining cilantro and serve with any variety of flatbread such as Roti or Paratha (layered Indian flatbread).

Timesaver Tip:

- Heat 4 tablespoons of oil in a pan. Add prepared stuffing mixture and sauté lightly.
- Add Okra cut in ½ inch pieces and coat evenly with the mixture.
- Cover and cook on medium heat for 3-4 minutes. Turn heat down to medium low and cook Uncovered, for another 5-6 minutes until golden crisp.